Practice Schedule Assignment

Section 1: Practice Agenda

Date: June 6, 2024

Start Time and Duration: 3:00 PM - 5:00 PM (2 hours)

Goals for Practice:

- Enhance passing precision and speed.
- Improve positioning and reactions.
- Boost team communication and coordination.

Required Equipment:

- Footballs (10)
- Marking cones (20)
- Agility ladders (2)
- Whistles (3)
- Bibs (15)

Planned Practice Activities:

Time	Name of Activity	Description	Key Points to Focus On
3:00 PM	Warm-Up	Stretching and light jogging.	Stress the importance of warming up.
3:15 PM	Passing Drills	Player pairs practice long passes.	Emphasize accuracy and speed in passing techniques.
3:35 PM	Agility Drills	Ladder exercises for footwork.	Promote agility with precise steps.

3:55 PM	Defensive Positioning	Focus on maintaining structure.	Encourage organization and effective communication.
4:15 PM	Scrimmage	Game scenario to apply practiced skills.	Implement skills, in a game setup.
4:45 PM	Cool Down	Calm. Team debriefing.	Reflect on the sessions highlights while winding down.

During the evaluation:

- Positive aspects included an improvement in passing accuracy and effective communication among players during the scrimmage.

- Concerns arose as some players faced challenges with agility drills indicating a need for increased emphasis on footwork in upcoming practices.

- For the practice session the plan is to focus more on agility training and introduce complex defensive drills to push players beyond their comfort zones.

Reflection Paper on Coaching Session:

- The coaching session was observed online via YouTube. Featured a high school football practice.

- The main goal of the practice was to enhance team coordination and defensive strategies within a duration of 1.5 hours.

- Athletes actively. Responded positively to the drills implemented during the session.

- Liked aspects included a warmup routine and clear instructions whereas dislikes centered around a lack of drill variety.

- Suggestions for coach improvement encompassed incorporating more diverse activities and small group interactions into future sessions.

- In comparison to strategies outlined in Chapter 12 this observed practice exhibited structure but provided valuable insights into effective communication practices and diverse drill implementations.

- The coaching session involved observing the Jemison High School football team at their field located within Jemison High School premises, led by Coach Sullivan.